Washing hands saves lives. **DO YOU KNOW HOW TO WASH YOUR HANDS?**

1. **WET** - Wash under fingernails, between fingers, back of hands & wrists.
2. **SOAP** - Scrub for at least 20 seconds.
3. **SCRUB** - Make lots of bubbles!
4. **RINSE** - Dry hands with paper towel or hot air dryer.
5. **DRY** - Turn off faucet & open door with paper towel.

**WHEN TO WASH:**
- After using the toilet
- Before eating food
- Before, during & after making food
- After blowing your nose, coughing or sneezing
- After touching someone who may be sick
- After touching an animal
- After touching garbage
- When you come home from school or outside

[Source: Washtenaw County Health Department]